

Utah State Medical Association

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ARE WE SCIENTIFIC?

It is spring! The trees are budding—crocuses and dandelions star the grass. Fifty years ago our grandmothers were feeding our fathers and mothers-to-be sulphur and molasses, with maybe a little cream of tartar, and making them guzzle sassafras. Two thousand years ago and more the ancients were celebrating the Spring Festivals. The Egyptians were welcoming the northern swing of Ra—the Giver of Life, before that.

Today we have horseless carriages, airplanes, wireless telegraphy, the radio, and what have you? Also we have foodless food and infected teeth. We have "metabolism," insulin, hexylresorcinol, mercurochrome, arspenamine, crowded tenement districts, caloric feeding, an increasing incidence of cancer, birth control and contra-ceptionists, a high cost of living and an almost equally high cost of death.

Ra—God or Nature—(this isn't a religious discussion) we regard as the source of Life. The ancients worshiped the sun, because they recognized the fact that *Light was Life*. Our grandmothers cleaned house and the physical systems of their children, because they recognized the need. Any consistent observer knows there is a solstice in the vital forces of the body, as well as in the seasons. Fishermen know that as the spring advances and the schools of fish swing north, there is a rise in medicinal efficacy in the oil extracted from the cod.

The law of cause and effect in all things is as immutable as the trademark of a well-known life insurance company. Get away from that fact and you're going to bog down as effectually as a four-year-old vintage tin Lizzie in a ditch.

God, Ra, or Nature, meant mankind to eat. That's why he was given teeth. And before that he was meant to be nourished from his mother's teats. Teeth, like muscles or brain tissue, need exercise to preserve their health. The food has been provided, but "scientifically" how is it being used? A soft job or a soft pabulum will not exercise teeth or brain or muscles. Laugh that off. But before you do so, think it over as applying to diseases of the mouth, with their multifarious systemic results. Furthermore, a devitalized food or a partially devitalized food will not furnish the full measure of nourishment. After all, what is the vitamin of which we speak today but the essential characteristic life element of a given food. How about deficiency diseases from this viewpoint? A lack of fresh vegetables means a lack of soil-born iodine—the spring solstice, unless guarded against, means a shortage in the blood potassium and calcium, after the winter lowered sunlight, which is essential to their binding in the tissues. Lack of potassium means weakened muscle action, lack of lime means digestive effects, as well as possibly diseased teeth. And any of these lacks may mean a lot of other things. Cod liver oil,

as proved today, is of value in rickets, because it is an actino active substance—a substance that has actually absorbed the actino active quality of sunlight and will give it off upon ingestion, as will also the yolk of egg.

These are but points. But if there is a law of cause and effect, then all these things will affect "metabolism"—pretty word. Metabolism, like vitamin, is a mouthful, which means nothing unless we get back to first principles more or less. And the first principle of life is that the best food is live food, not food doctored or treated or pasteurized and sterilized half to death. Go to the calf, physician. Ask any calf if milk isn't the best food. Ask any calf if it prefers it condensed or modified. Personally, we are of the opinion that the best food for infants also is milk. And we don't mean maybe, and we don't mean condensed. We mean the milk from its mother's breast, provided her "metabolism" is such that she can feed her infant; and after that milk from some contented cow, properly prepared and served. And we wonder if all of us who treat human ailments would think of these things, and preach them, whether we wouldn't find that it made a big difference in the general state of health.

Are we scientific? Sure we are. We've found out a lot of things old Doc. Jones with his little black bag and his horse and buggy knew nothing about. And it's right we should be. More honor to those who have and will advance the knowledge of our craft. But in the midst of it all let's not forget that Life is Life, and its laws unchanging, and that "metabolism" means just simply the working out of those laws on a basis of supply and demand, and that an unbalance in that one element, with its resultant effect on the cell functions of the body, is the primal difference between a state of health and disease. Green spectacles won't turn shavings into grass.

Utah News Notes (reported by J. U. Giesy, associate editor for Utah)—One of the outstanding items of interest to the medical men of the state is the opening of the new Diagnostic Laboratory at the State Capitol in connection with and directly under the control of the State Board of Health. This, it is hoped, will put the availability of laboratory diagnosis within the reach of all men who desire to exercise the privileges extended.

Under the present postal arrangements, specimens may be mailed on zone rates as fourth-class matter (parcel post) at regular rates plus the new service charge now in effect. This insures the transportation of the specimens in the regular mail-sacks and prompt delivery, especially if the package be insured to guarantee safety and attention. Outfits for shipment will be furnished to any physician who applies to the Board of Health, and these should be employed in order to insure, not only the correct transmission of the specimens, but to avoid all confusion in their handling, since each outfit is standardized. The board has put out a very comprehensive booklet covering all the salient points of the service it is intended to render, together with a card designed to carry the request for outfits desired. The laboratory itself is a very complete affair.

Doctor T. B. Beatty, secretary, is to be congratulated upon the accomplishment of this service, which is a thing for which he has consistently worked for a considerable time.

As a part of their health educational campaign, President J. Z. Brown of the Salt Lake County Society, has appointed a committee, consisting of W. R. Calderwood,

T. C. Gibson and Claude Shields, to arrange for and supervise the broadcasting of a series of lectures on subjects deemed timely and calculated to prove of interest to the general public. It is hoped that such a series of lectures will not only do much to counteract misinformation, but to bring the laity into closer touch and understanding with physicians, their objects, endeavors, and aims.

Death of E. D. Woodruff—Doctor Edward Day Woodruff died recently of angina pectoris at the age of 74.

Dr. Woodruff was born in Bonus, Boone County, Ill., on September 24, 1850. Early in life he entered the employ of the St. Louis Iron Mountain and Southern Railroad as an axman on a surveying gang. During the reconstruction days that followed the Civil War, he assisted in mapping the road's future lines through Missouri and Arkansas.

Forced by malaria fever and rheumatism, contracted while tramping the swamps of the Middle Western States, to give up the engineering profession, he returned to Chicago to attend a medical school. In 1879 he was graduated, and in 1880 he prefixed Dr. to his name and began practicing in Chicago.

In the summer of 1880, while on a visit to the West, he was summoned to Rock Springs to attend several persons injured in a mine disaster. After filling the immediate needs, he was offered and occupied the position as chief surgeon for the Union Pacific Railroad and Coal Company.

Dr. Woodruff is survived by four children: Mrs. Lesley D. W. Riter and Mrs. Helen M. Hill of Salt Lake, Mrs. Virginia M. Gifford of Burlingame, and E. R. Woodruff of Los Angeles, and two brothers, J. D. Woodruff of Shoshone, Wyo., and R. D. Woodruff of Salt Lake.

Salt Lake County Medical Society (reported by M. M. Critchlow, secretary)—The March meeting of the Salt Lake County Medical Society was held March 23.

President John Z. Brown, fifty-nine members, and three visitors were present.

L. N. Ossman demonstrated a case of dislocation of the right shoulder with an excellent result following treatment, which was outlined.

The scientific program was a symposium on peptic ulcer. "The Medical Diagnosis and Treatment" was discussed in detail by R. T. Jellison. "The X-ray Diagnosis and Differential Diagnosis" was taken up by J. P. Kerby, who illustrated his points with lantern slides. "The Surgical Treatment" was taken up by E. F. Root, who stressed the surgical judgment and individualization of the patient rather than the operative technic, and emphasized the importance of the prevention of cancer. These papers were discussed by H. T. Anderson, Fuller B. Bailey, A. A. Kerr, and George F. Roberts.

E. F. Root reported for Fred Stauffer on the proposed new medical building, stating that insufficient stock had been subscribed for as yet. President Brown announced the committee to supervise public lectures: W. R. Calderwood, chairman; T. C. Gibson and C. L. Shields.

The applications for membership of Drs. Hueter, Wright and Young were read and referred to the board of censors.

The April meeting was held April 13, as the guests of T. B. Beatty, secretary of the Utah State Board of Health. President John Z. Brown, eighty-four members, and five visitors were present.

A paper on "Acute Osteomyelitis" was presented by J. C. Landenberger. The essayist considered the etiology, bacteriology, pathology, clinical course, and differential diagnosis. The anatomy of the bones and x-ray of osteomyelitis were illustrated by lantern slides. Operative treatment was outlined. Discussants were D. K. Allen, T. A. Flood, S. H. Allen, A. L. Brown, S. C. Baldwin, A. J. Hosmer, W. F. Beer, L. N. Ossman, and S. D. Calonge.

"Aspects of Industrial Practice" was the title of an essay by A. Jack Hosmer. He compared the work of the industrial surgeon of today to that in the past, described the cases that industrial surgeons are called upon to treat, and outlined the importance of prevention of disease and injury in industrial practice. Discussants included E. Spencer Wright and F. D. Spencer.

Fred Stauffer, in reporting for the building committee,

said that ninety-five doctors had subscribed for stock, and announced a meeting of the subscribers at the Hotel Utah, April 14.

T. C. Gibson reported verbally for the Committee to Supervise Public Lectures. The secretary announced that he would take orders for the new caducei. A. L. Huether, Wallace H. Wright, and Clark Young were voted upon and unanimously elected to membership, forty-eight members voting.

T. B. Beatty spoke about the new State Health Laboratory, and announced the prescription pharmacy would receive specimens at any time, day or night, for the laboratory.

Refreshments were served by the personnel of the Utah State Board of Health, after which the new laboratory of the State Board of Health was inspected.

Nevada State Medical Association

W. M. EDWARDS, M. D., Mason.....President
CLAUDE E. PIERSALL, M. D., Reno.....
Secretary-Treasurer and Associate Editor for Nevada

Washoe County Medical Society (reported by Henry Albert, secretary)—The society met in regular session in the rooms of the Chamber of Commerce, April 13, 1925, Vice-President G. E. Piersall presiding.

Minutes—The minutes of the previous meeting of March 10, 1925, were read and approved.

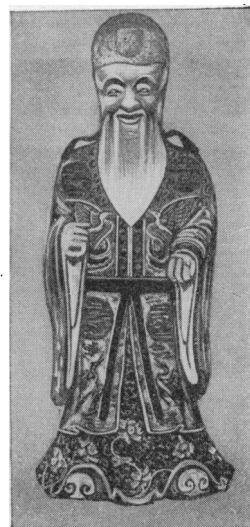
Program—Mr. Gilbert of the Bell Telephone Company had a class in emergency work demonstrate two first-aid procedures: (1) a procedure in connection with an automobile accident, and (2) one of resuscitation of a man overcome in a gas-filled room.

Mr. Bernard, representative for the new Physicians and Surgeons' building, which Mr. Harry Sheeline is planning on constructing on Virginia street, described the construction of the contemplated building, and stated that they planned the construction of a room which would be suitable for use for the Washoe County Medical Society.

Dr. T. W. Bath demonstrated the Soresi direct blood transfusion apparatus, and offered its use to members of the society.

C. E. Piersall referred to a new medical automobile emblem which is copyrighted and protected by the American Medical Association and will be sold to members of the association only.

Attendance—Members: Albert, Bath, Brown, Caples, DaCosta, Pickard, Piersall, Servoss, Walker. Also Mr. Gilbert and his class, Mr. Bernard and a class of girls who were interested in the first-aid demonstrations.



Shou-Lao.
God of Longevity.

(Old Chinese Porcelain.)